Food Diary

Ashli Matta

 September 1, 2009

Breakfast: 9:35 AM

* Peach oatmeal
* Glass of milk

Lunch: 1:00 PM

* Ramen Noodles
* Arizona green tea (origin: China)

Snack: 4:00 PM

* Apple sauce

Dinner: 7:00 PM

* Tomato Soup
* Arizona green tea (origin: China)



September 2, 2009

Breakfast: 9:50 AM

* Oatmeal with raisins
* Glass of orange juice (origin: Florida)

Lunch: 1:15 PM

* Ravioli
* Arizona green tea

Snack: 4:30 PM

* Carrots and ranch dressing

Dinner: 7:00 PM

* Chicken noodle soup
* Arizona green tea

September 3, 2009

Breakfast: 6:15 AM

* Oatmeal
* Glass of orange juice (origin: Florida)

Snack: 10:05 AM

* Banana
* Chocolate milk

Lunch: 12:30 PM

* Stauffer’s Pepperoni Stromboli
* Arizona green tea

Snack: 4:30 PM

* Vanilla pudding

Dinner: 7:00 PM

* Chicken Salad Sandwich
* Arizona green tea



September 7, 2009

Breakfast: 6:15 AM

* Oatmeal with raisins
* Glass of orange juice (origin: Florida)

Lunch: 12:30

* Pepperoni hot pocket $3.50
* Arizona green tea $0.99

Dinner: 7:00 PM

* Salisbury steak
* Mashed potatoes
  + Origin of potatoes:

September 8, 2009

Breakfast: 6:20 AM

* Croissant with grape jelly (croissant from whole foods)
* Glass of soy milk (whole foods)

Lunch: 12:30 PM

* Left over Salisbury steak and mashed potatoes
* Arizona green tea

Snack: 4:30 PM

* String cheese

Dinner: 7:00 PM

* Shrimp salad with Italian dressing
* Arizona green tea



September 9, 2009

Breakfast: 6:15 AM

* Cliff bar
* Vitamin water

Snack: 10:05 AM

* Krispy kreme donut

Lunch: 12:30 PM

* Lean Hot Pocket
* Bottle of water

Snack: 4:30 PM

* Watermelon

Dinner: 7:00 PM

* Salmon and asparagus
* Arizona green tea